**Nonverbal Communication**

**Birthday Line**

**Objectives:**

* To practice nonverbal communication in a fun activity
* To demonstrate the effectiveness of nonverbal communication

**Instructions:**

Participants are asked to form a line on a strip of masking tape according to their birthdates using any form of nonverbal communication. Participants must keep one foot on the tape at all times.

**Suggestions for Debriefing:**

* Ask participants to describe behaviors they observed.
* Seventy-five percent of communication is nonverbal. Does our inability to read nonverbal signals account for communication problems and possibly lead to conflict?

**Time:** 10 minutes

**POSSIBLE WARM-UP**

1. Ask participants to take out a blank piece of paper from their TA tablet. In the top left hand corner name your favorite animal. Then write 2 adjectives that describe it. In the bottom left hand corner name your favorite color. Then write 2 adjectives that describe that color.

In the top right hand corner, write two adjectives that describe how you would feel if you were in a dark tunnel and saw a light at the end. In the bottom right hand corner, name your favorite body of water. Then name 2 adjectives that describe it.

Animal adjectives = how others see us

Color adjectives = how you see yourself

Light at the end of the tunnel adjectives = how you view death

Body of water adjectives = hopes (expectations) for your love life